



November Events

Friday November 1st
First Friday with Steve Somers and Friends 6-9pm

Tuesday November 5th
Board Meeting 6:30pm at YFC

Saturday November 16th and 23rd
Holiday Specialty Tasting 11 am to 3 pm

Thanksgiving Day
We will be open 9am-3pm.

Look out for our Facebook events for additional information!

YFC Social Media



YPSI MIX

NOVEMBER 2019

312 N. River Street, Ypsilanti, MI 48198

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ypsifoodcoop.org

Happy Thanksgiving

Happy Thanksgiving to you and yours! It's hard to believe it's this time of year again, and YFC is ready to meet your holiday needs with affordable, and essential Thanksgiving Dinner ingredients. This month's Co-Op Deals Flyer is filled with plenty of healthy, great deals! These deals help make it possible to have your local grocery store your one stop shop for Thanksgiving- saving you the hassle of long lines and chaos at other larger stores.



Look for our Deli and Bakery holiday flier, available at the register, to begin placing your Thanksgiving Dinner

orders. There are a variety of appetizers, entrees, and sides available to order from the YFC Deli. There are also options for prepared vegan dishes.

Don't forget to grab your artisan sour dough breads, a loaf of cranberry sage bread, rolls, croutons, and even stuffing! And of course no Thanksgiving dinner is complete without the much anticipated dessert course! Our YFC Bakery has a variety of Michigan fruit pies, pumpkin pies, cake, and cheese cake for the perfect artisan dessert! This includes delicious vegan pie, and cake options! During this time of thankfulness YFC would like to extend our thanks to everyone!

YFC Membership Deal Continues

YFC is excited to continue our annual October Co-Op Month Membership Drive into November!

For all of November it is only \$20 to become a new member or \$10 to renew for the remainder of the year. You will get a new member goodie bag, and start receiving your discount right away. We currently have over 950 active members with YFC. These members

**Join or Renew
your membership**

are our regular shoppers, volunteers, staff members, community members and more! We are excited to have you

become a member/owner and reach even more Ypsilantians!

Get your member application today at the register by asking a cashier coordinator to help you become a member at YFC!

We are excited to welcome all our new members to YFC!

Food Access through Double Up Food Bucks

Food Bucks



Fair Food Network's

Double Up Food Bucks program doubles the value of federal nutrition (SNAP or food stamps) benefits spent at participating ma

rks and grocery stores, helping people bring home more healthy fruits and vegetables while supporting local farmers. The wins are three-fold: low-

income consumers eat more healthy food, local farmers gain new customers and make more money, and more food dollars stay in the local

1



SHOP for fruits & vegetables at a participating grocery store.

2



BUY \$1 fresh fruits & vegetables with your Bridge Card.

3



GET \$1 FREE Double Up Food Bucks for any fresh fruits or vegetables, up to \$20 a day.

Local Vendor Highlight: Garno Farms



Their grandson, Evan 10, shown here holding one of the turkeys. He is known as, "Papas (Ken's) right hand man," and helps out on the farm, such as gathering eggs.

This article was written by Kait Keim, previous staff at YFC.

Have you ever wondered what makes a turkey's life balanced? Here at the Ypsilanti Food Co-op we try to promote healthy, balanced lifestyles for our community. Well this goal doesn't just apply to the people

we know, but also to the animals and animal products that we buy. For Beverly and Ken Garno it's all about family, friends, and the poultry they raise with care.

The Garno Farm is a family business located near Adrian, MI. The property originally belonged to Ken's parents as additional property, separate from their homestead. Ken and Bev bought the property in the 1960's, but didn't actually focus on poultry until later. Their original crop was feed corn, which has been a specialty for Ken's family going back at least four generations! They are still growing corn and selling what they don't need for their own birds.

It was in the early 1980's that their older kids became interested in raising chickens; something their dad had been doing his whole life. They officially began selling to Co-ops

Fresh Turkey Orders must in be placed no later than noon on Monday 11/25/2019.

They are ready for pick up Tuesday evening, 11/26.

1989 and now sell to stores all over Michigan. These days they have expanded their farm to include turkeys, meat and egg chickens, and meat and egg ducks. They even used to have some sheep, but it proved to be too much as their poultry took off in popularity.

The chickens are kept in coops with open-air runs, and they have several hundred chickens. Chickens are easier to raise further south where the winters are milder, so they have to keep the coops heated in the winter. When it gets too cold the birds tend to get sick more easily and egg production drops. Their son Tim handles the coop and pen cleaning, working daily. The

On average they have around five hundred turkeys and in the past have had as many as a thousand! The birds are kept together in a large pen and have access to shelter from the elements. Despite having enough room to spread out, the turkeys actually move around together, where one goes the others follow. Because domesticated turkeys are so large, they have to be artificially inseminated in order to successfully breed. The Garnos buy their chicks from hatcheries that specialize in producing healthy birds. In the past some of their kids have tried to breed the turkeys naturally, hatching the eggs at the farm, but were met with little success.

All of their birds are fed daily with feed that Ken mixes himself. A combination of whole grains, fresh and dried vegetables and greens, and herbal supplements. One such supplement they use is kelp, for the minerals and iodine it provides. The birds require a whole variety of foods, much like humans, to be healthy and nourishing. Bev has received a lot of feedback from customers who tell her they can really taste a difference in their turkeys! I myself can definitely tell a big difference, especially the in freshness. Even though the Garnos have high standards of natural care and quality and their birds are raised without hormones or antibiotics, they are not certified organic. In a time when the very definition of organic is being questioned daily, the process of becoming certified is very costly and difficult for a small family farm. Especially for one raising animals, since every source of feed has to be certified separately. Since the Garnos use such a variety of food sources to keep their birds healthy, they have decided not to pursue organic certification. Larger organizations such as Organic Valley Family of Farms have the collective buying power to make organic food sources easier and more affordable to obtain. The Garnos lack that support.

Some of the challenges they face while raising such a large number of birds include a variety of predators and illnesses. Some of the common predators they encounter are: owls (which have been known to carry off large turkeys!), hawks, foxes, coyotes (they really don't see these too often, if at all), raccoons, and skunks (the last two mainly go after the duck eggs). To keep the birds healthy they need to be kept warm, dry, clean, and are given garlic both daily and in larger doses a few times a year. The garlic, as many of us know, helps to prevent illness and build the immune system (I wonder if it also adds to the flavor?). When birds do become sick they are isolated and nursed back to health, and then rejoined with the group when recovered.

The farms operation has always been about family, and without family help their high quality of production wouldn't be possible! About a month before Thanksgiving they kill the first few birds and freeze them. The rest of the orders are prepared the week before Thanksgiving and that is when the family reinforcements come to the rescue! "*We have been very blessed with family to help out!*" emphasized Bev. The fresh birds are stored at about 28° F, enough to freeze the surface and allow for safe travel temperatures, but not enough to put the birds into a deep freeze. The Garnos themselves have a large Thanksgiving feast with a few large birds as part of the spread. Sometimes they will even cook a bird in the smoker grill for some variety. It is sure good to hear that even their family gets to enjoy the result of a lot of hard work and care.

As I was wrapping up my conversation with Bev, Ken chimed in, "*Why do we do it? We have an insatiable desire to give out truth.*"

As a member of Ypsilanti Food Co-op since my birth, I have to agree with his sentiment. Isn't that what we strive for as a health conscious community? Access to knowledge and wholesome food, conscientious awareness of our food sources, and support of local vendors whose practices are in har-

A Thanksgiving Where Everyone Is Welcome

By Tessa Sarapo, Board of Director

Thanksgiving is just around the corner and, while it's a time to gather with loved ones and relish in all the gratitude we've been storing up, it's also a time when some may feel left out of the festivities. A traditional holiday of thankfulness has become a day centered around the celebratory roasting, stuffing, deep frying, and gravy slathering of a turkey. While the bulk of this holiday surrounding endless platters of once-a-year delights, being the odd-man-out with the empty plate isn't exactly a discreet nor inclusive image.

Fortunately, we live in a time where specialty diets are becoming less "special" and more common than ever. You may be the only one leaving turkey off your plate this year, but there'll surely be an Aunt or Uncle steering clear of glutenous stuffing, carb loaded sides, sugary desserts, or the pecans on that pie. Even more promising are the producers and companies that continue to grow their selections of specialty food items so even the most "special" person can find something to fit their dietary needs.

For some of us plant-based eaters, Thanksgiving means pulling out that creativity from the arsenal and planning dinner table domination. For others, it can mean heading to specialty grocery stores and fighting for the last Tofurkey in the freezer. Thankfully, the Ypsilanti Food Co-op supplies the best of both worlds, with an abundance of vegan Thanksgiving fare.

The YFC's catering menu is fully stocked with homemade vegan items from their very own kitchen, prepared and ready to impress even the most skeptical members of your party. Walnut pate, wild rice salad, and pumpkin pie along with many items that can be made sans the animal products like creamy mac n' cheese, mashed potatoes, and fruit pies, to name a few. You'll also find an assortment of vegan packaged goods scattered throughout the store such as canned pumpkin, gravy, and, of course, "faux meat" to complete your feast. Have a question or want to special order something for your gathering? The co-op has you covered, and they are happy to help!

With all the glorious chow you'll surely be partaking in, it's important to remember what this holiday is truly about: coming together in gratitude. Share your uniqueness, embrace your differences, and appreciate the time you have together.

Some of my Vegan Favorites at the Ypsi Co-op:

Daiya Cheesecake – Key Lime and New York styles
Vegan and Gluten Free Ready To Bake Pie Crust – co-op kitchen crafted or Wholly Crust
Vegan Chocolate Cake – co-op kitchen crafted
So Delicious Coco Whip and *Tru Whip*
Field Roast Celebration Roast one pound or a meal
Fresh Whole Michigan Cranberries \$3.00 per pint
Imagine Organic Vegan Wild Mushroom Gravy \$
Califia Farms Pumpkin Spice Latte Cold Brew with Almond Milk
Califia Farms Pumpkin Spice Almondmilk Creamer
Woodstock Canned Cranberry Whole or Jellied
Farmers Market Organic Canned Pumpkin, Pumpkin pie mix and Butternut squash
NutPod non dairy creamers
Nutiva or *Spectrum* or *Earth Balance* Shortenings

